



Quick Apple Rhubarb Turnover



Vegetarian



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp all purpose flour
- ☐ 2 apples cored peeled thinly sliced
- ☐ 0.3 tsp cinnamon
- ☐ 1 egg yolk
- ☐ 2 tsp granulated sugar
- ☐ 1 tsp juice of lemon
- ☐ 1 pkg half puff pastry (1 roll)
- ☐ 1 cup rhubarb chopped

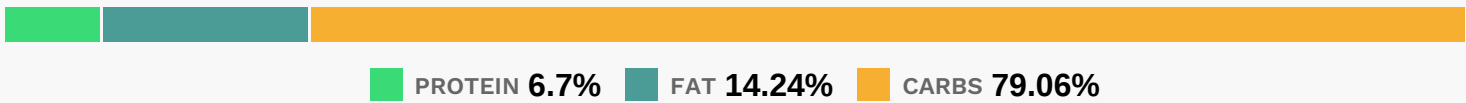
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Line rimmed baking sheet with parchment paper; set aside. In large bowl, toss together, apples, rhubarb, sugar, flour, lemon juice and cinnamon. Unroll pastry onto prepared pan. Spoon apple mixture lengthwise along half of the pastry, leaving ½ inch border uncovered.
- ☐ Whisk egg yolk with 1 tsp water; brush some over border. Using parchment paper to lift, fold uncovered pastry over filling; with fork press edges to seal.
- ☐ Brush top with egg wash.
- ☐ Cut 4 evenly spaced 2-inch slashes on top.
- ☐ Sprinkle with sugar
- ☐ Bake in center of 375 degree F oven until golden and filling is tender, about 40 minutes

Nutrition Facts



Properties

Glycemic Index:41.85, Glycemic Load:4.69, Inflammation Score:-1, Nutrition Score:2.7634782946628%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.67mg, Epicatechin: 4.67mg, Epicatechin: 4.67mg, Epicatechin: 4.67mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg

Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 61.34kcal (3.07%), Fat: 1.03g (1.59%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 10.97g (3.99%), Sugar: 7.98g (8.86%), Cholesterol: 32.4mg (10.8%), Sodium: 3.36mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.19%), Fiber: 1.95g (7.81%), Vitamin K: 7.38µg (7.03%), Vitamin C: 4.74mg (5.75%), Manganese: 0.1mg (4.98%), Selenium: 2.8µg (4.01%), Potassium: 130.87mg (3.74%), Folate: 12.5µg (3.13%), Vitamin B2: 0.05mg (3%), Vitamin B1: 0.04mg (2.68%), Calcium: 26.54mg (2.65%), Phosphorus: 24.16mg (2.42%), Vitamin B6: 0.04mg (2.1%), Vitamin A: 97.13IU (1.94%), Iron: 0.33mg (1.83%), Vitamin E: 0.25mg (1.65%), Magnesium: 6.32mg (1.58%), Vitamin B5: 0.16mg (1.56%), Vitamin B3: 0.27mg (1.37%), Copper: 0.03mg (1.37%), Vitamin D: 0.16µg (1.08%)